

The Learn Together Approach

Facilitated Group Discussion Plan

Qualified Staff: *RD, RN, CPA, Nutrition Educator, and Nutrition Educator Assistant.*

Topic: *Infant Formula-feeding*

Module Code: 430

Target Group: *Caregivers and parents of infants.*

Objective for the session: *Session participants will be able to state how to properly prepare infant formula.*

Icebreaker: *Ask each participant to say their first name and the age of their infant.*

Discussion Questions (3):

- *How do you mix infant formula?*
- *What kind of water do you use to mix formula?*
- *What is a safe way to heat infant formula?*

Factual Messages (3):

Give a demonstration on how to properly mix powder and concentrate formula.

- *Too much water dilutes the formula and can cause your baby to grow poorly and too little water concentrates the formula that can stress your baby's kidneys and digestive system and lead to dehydration.*
- *The ideal water for your infant is clean water that is low in lead, nitrates, sodium and pesticides and is fluoridated. If you are unsure regarding the safety of your water supply you should boil water for 3 minutes prior to use.*
- *Babies don't seem to mind whether their bottle is warm or cold. If you warm the bottle, set it down in a container of hot tap water or hold it under hot running tap water. Then, test a few drops on your wrist. It's the right temperature if it feels neither hot nor cold.*

Summarize Key Discussion Points/Suggestions:

Ask participants what they have learned from today's discussion.

Evaluation Question:

What new way did you learn about mixing formula?

Materials Needed (if any):

1 can of powdered infant formula, 1 can of concentrate infant formula, water, bottle, nipple, measuring scoop.

References: Satter, Ellyn. 2000. *Child of Mine: Feeding with Love and Good Sense*. Bull Publishing Co. Palo Alto, CA.